



## Arugula Salad with Chicken and Avocado

Active Time: 15 minutes | Total Time: 25 minutes | Serves: 4

### Nutrition Information Per Serving

282.6 calories, 6.26 g carbohydrate, 3.99 g fiber, 2.27 g NET carbs, 29.1 g protein, 16.04 g fat

#### Ingredients

- 5 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 2 -8oz. breast(s) organic chicken breasts
- 4 medium(s) small organic radishes, thinly sliced
- 1/2 tsp(s) sea salt
- 2 Tbsp(s) fresh lime juice
- 6 cup(s) organic arugula
- 1 medium organic avocado, sliced
- 1/4 tsp(s) freshly ground black pepper
- 2 Tbsp(s) organic extra virgin olive oil

#### Preparation

1. First, poach chicken. Fill a medium saucepan halfway with filtered or spring water. Bring to a boil. Add the chicken, reduce heat to medium, and gently simmer until cooked through, 12 to 14 minutes. Transfer the chicken to a cutting board and let rest at least 5 minutes before slicing.
2. Meanwhile, in a small bowl, whisk together the oil, lime juice, stevia, salt, and pepper.
3. Divide the arugula among bowls and top with the chicken, avocado, and radishes.
4. Drizzle with dressing.
5. Serve. &nbsp;

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